

Name _____

Energize Challenge Tracker

Record your bedtime and wake up time, then count the hours you sleep each night. Your goal is to get 9-12 hours each night!

	Bedtime	Wake Up Time	Hours Slept
Day 1:	_____	_____	_____
Day 2:	_____	_____	_____
Day 3:	_____	_____	_____
Day 4:	_____	_____	_____
Day 5:	_____	_____	_____

